

FIG. 1

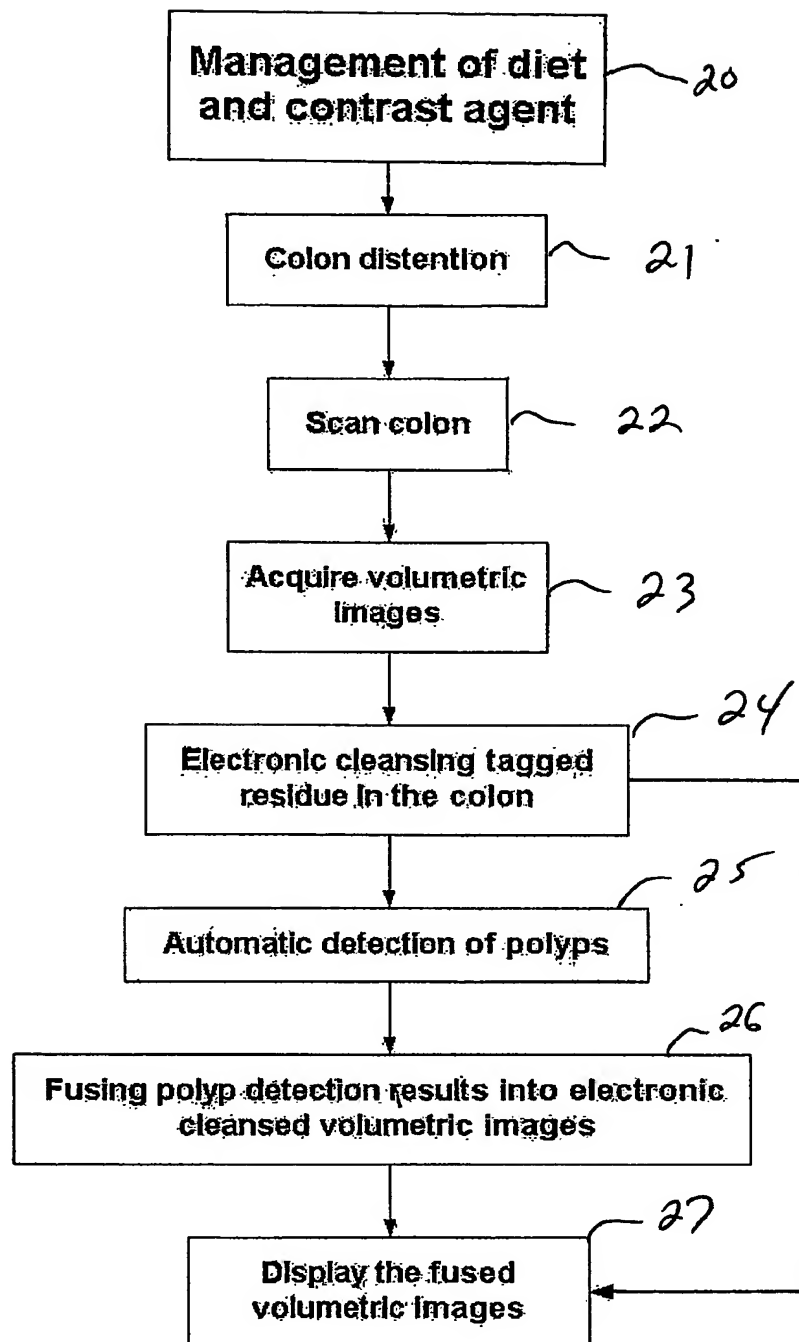








FIG. 2

|              | Day-2  | Day-1  | Day of Scan  |
|--------------|--|--|--|
| Breakfast    |  |  30 |  31 |
| Lunch        |  |  30 |  |
| Supper       |  30 |  30 |  |
| After supper |  |  31 |  |



 30 (250 cc barium (2.1%))     
  31 (60 ml Gastroview)

FIG. 3 A

|        | Day-3     | Day-2     | Day-1       | Morning of the scanning day |
|--------|-----------|-----------|-------------|-----------------------------|
| Diet 1 | Food List | Food List | Liquid Diet | Water                       |
| Diet 2 | Food List | Food List | Meal Kit    | Water                       |
| Diet 3 | Food List | Food List | Food List   | Water                       |

FIG. 3B

|                          | Day-2            | Day-1       |                       | Day of Exam |                       |
|--------------------------|------------------|-------------|-----------------------|-------------|-----------------------|
|                          | <i>Food</i>      | <i>Food</i> | <i>Contrast agent</i> | <i>Food</i> | <i>Contrast agent</i> |
| <b>Breakfast</b>         | Nutritional list | Liquid diet | Barium 2.1% 250ml     | Liquid only | Gastroview 60ml       |
| <b>Lunch</b>             | Nutritional list | Liquid diet | Barium 2.1% 250ml     | CT scan     |                       |
| <b>Dinner</b>            | Nutritional list | Liquid diet | Barium 2.1% 250ml     |             |                       |
| <b>1-hr before sleep</b> |                  |             | Gastroview 60ml       |             |                       |

FIG 3C

|                          | Day-1       |                       | Day of Exam |                       |
|--------------------------|-------------|-----------------------|-------------|-----------------------|
|                          | <i>Food</i> | <i>Contrast agent</i> | <i>Food</i> | <i>Contrast agent</i> |
| <b>Breakfast</b>         | Liquid diet | Barium 2.1% 250ml     | Liquid only | Gastroview 60ml       |
| <b>Lunch</b>             | Liquid diet | Barium 2.1% 250ml     | CT scan     |                       |
| <b>Dinner</b>            | Liquid diet | Barium 2.1% 250ml     |             |                       |
| <b>1-hr before sleep</b> |             | Gastroview 60ml       |             |                       |

FIG 3D

| FOOD GROUPS                  | FOOD ALLOWED   | FOODS TO AVOID   |
|------------------------------|--|--|
| Breads                       | White refined breads, rolls biscuits, muffins, crackers, pancakes and waffles  | Whole grain flour products of any type and baked goods made with bran, nuts, seeds, coconut, fruits, bagels, cornbread or graham crackers                      |
| Cereals                      | Refined cooked cereals, including cream of wheat, and farina, puffed wheat, puffed rice and rice krispies  | Oatmeal, any whole grained cereal bran or granola and any containing nuts, seeds, coconut or dried fruit.  |
| Desserts                     | Plain cakes and cookies, water ices (Marinos), plain low-fat yogurt, Jello, custard, grape or apple jelly, plain hard candy, marshmallows and lite ice cream without nuts or chocolate | Any desserts made with whole grain flour, bran, seeds, coconut, dried fruit, yogurts with fruit skins or seeds or nuts, sherbets and popcorn. No chocolate.    |
| Fruits                       | Most canned or cooked fruits, applesauce and ripe banana.  | Dried fruits, all berries, most raw fruit, except banana.  |
| Potato and Potato Substitute | Cooked white potato without the skin, white rice, white pasta and egg noodles  | All others, including whole-wheat pasta, noodles, vegetable pastas, and sweet potato.  |
| Vegetables                   | Cooked fresh, frozen, or canned carrots, beets, asparagus tips, French style string beans and pureed squash, spinach.  | All others including raw and deep-fried vegetables, broccoli, cauliflower cabbage, spinach, sauerkraut, winter peas, corn, and any other vegetables with seed. |
| Fats                         | Margarine, salad oil, lite salad dressings, lite mayonnaise, and plain gravy.  | Butter, any fat containing whole grain flour, bran, seeds, nuts, Coconut, or dried fruit.  |
| Meats and Meat Substitutes   | Ground and well-cooked white meat chicken and turkey, with skin removed, Fish, shellfish, eggs, and low-fat cheese.  | Red meat, BBQ or pickled meat, any made with whole grain ingredients, seeds or nuts, dried beans, peas, lentils, legumes, peanut butter and whole milk Cheese. |
| Soups                        | Bouillon, broth, low-fat cream made with allowed vegetables, noodles, rice, or refined white flour.  | All others.  |
| Beverages                    | Decaffeinated liquids of all kinds, Caffeinated beverages limited to 2-3 (10 oz.) cups per day, low- fat milk, and strained fruit juices.  | Espresso, frappucino, cappuccino, whole milk, fruit/vegetable juices containing pulp, prune juice, and all alcoholic beverages.                                |

FIG. 4 A

| <b>Foods in the provided Meal Kit</b> |
|---------------------------------------|
| Vanilla Nutritional Shakes            |
| Lemon drinks                          |
| Chocolate flavored energy bars        |
| Cinnamon apple sauce                  |
| Potato poppers                        |
| Instant noodle soup                   |
| Stroganoff                            |

**FIG. 4 B**

| <b>Food Groups</b> | <b>Food Allowed</b>   | <b>Foods to avoid</b> |
|--------------------|---|-----------------------|
| Beverages          | Apple, Welch's white grape juices,<br>Gatorade (no red, orange or purple) Decaffeinated weak tea. | All other.            |
| Soups              | Clear Broths or Bouillon or consommé.   | All others            |
| Desserts           | Lemon or lime flavored Jell-O, water ices and frozen ice pops                                     | All others            |

**FIG. 4 C**

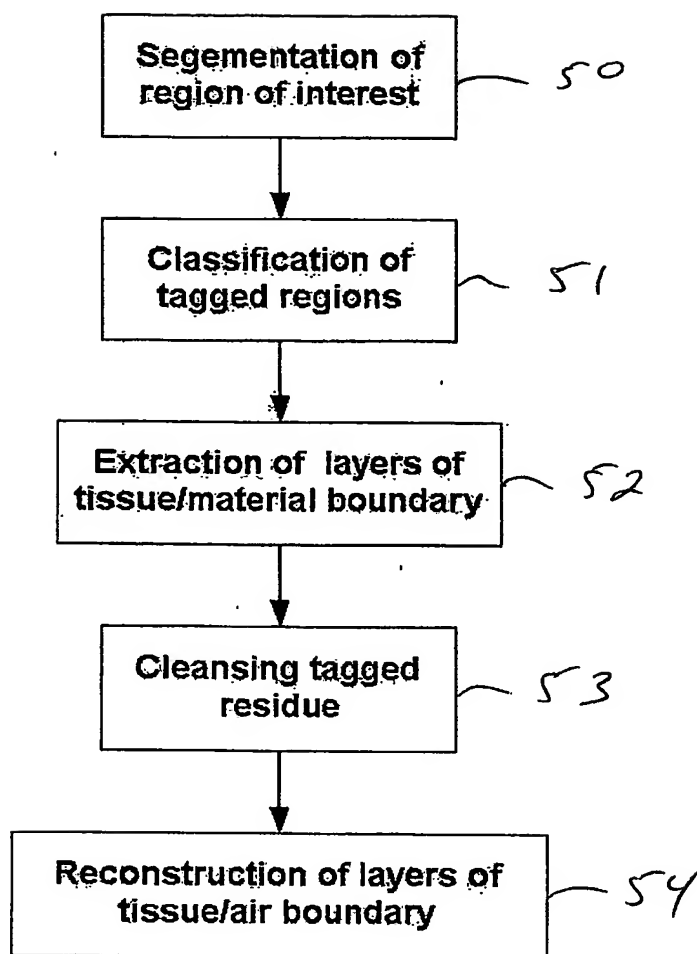
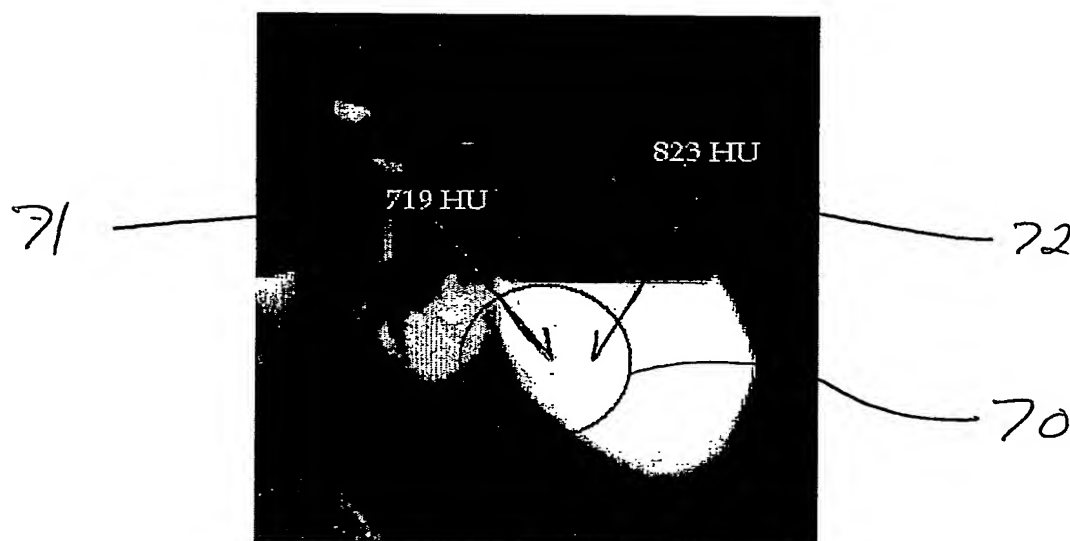
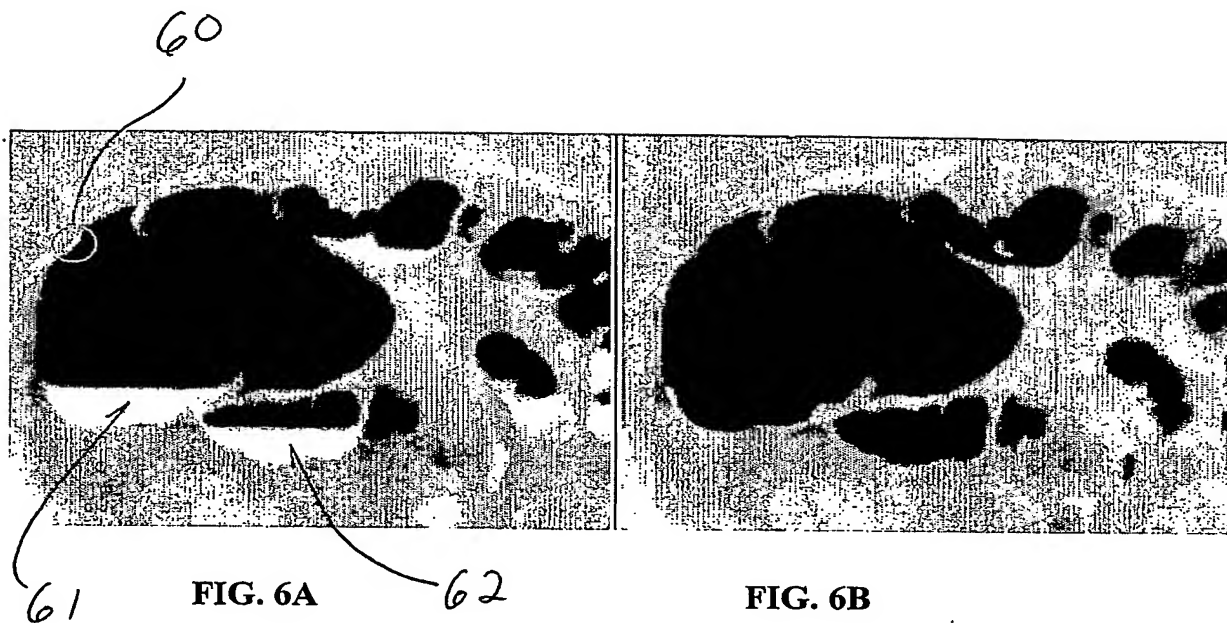


FIG. 5





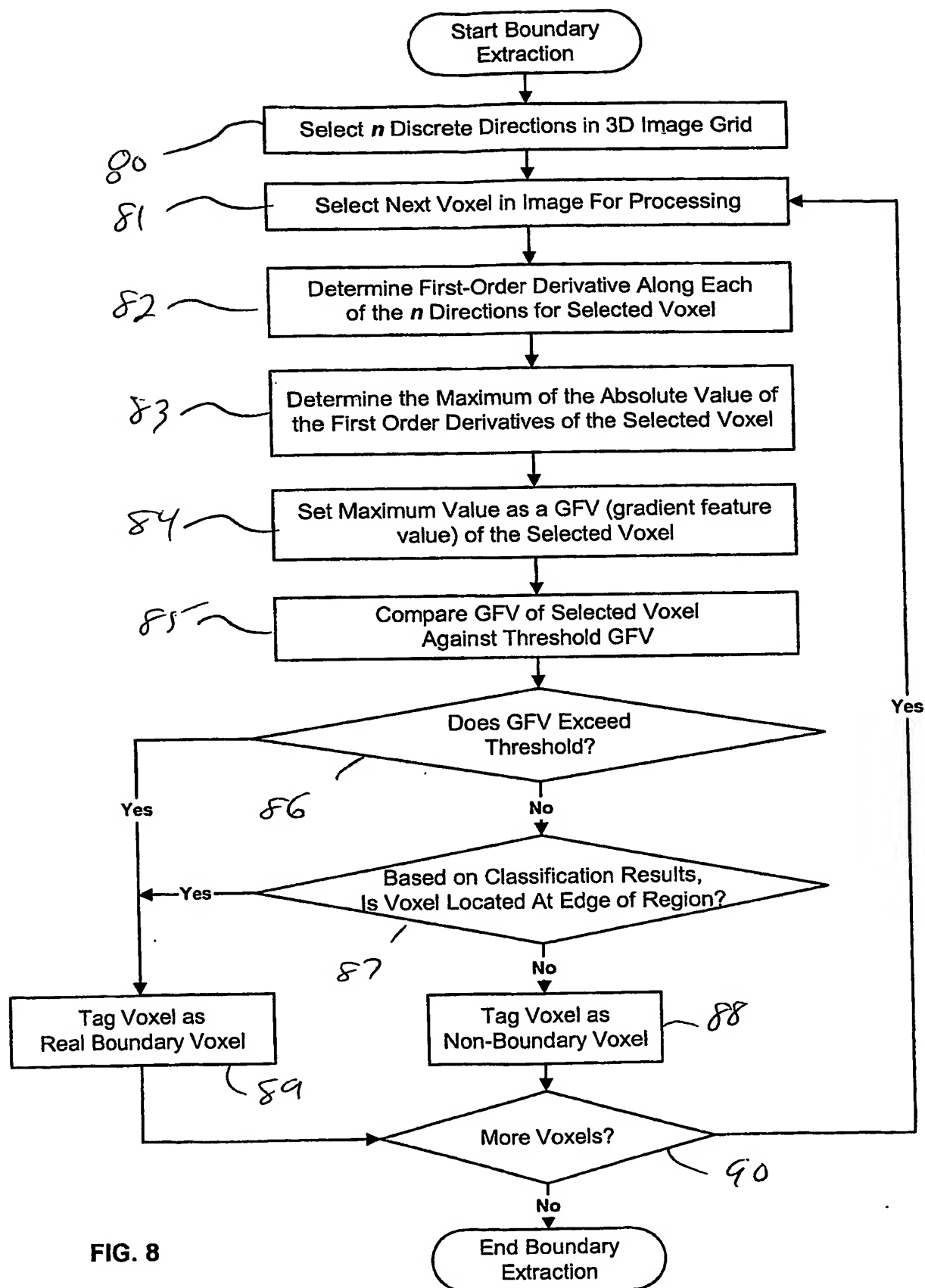


FIG. 8

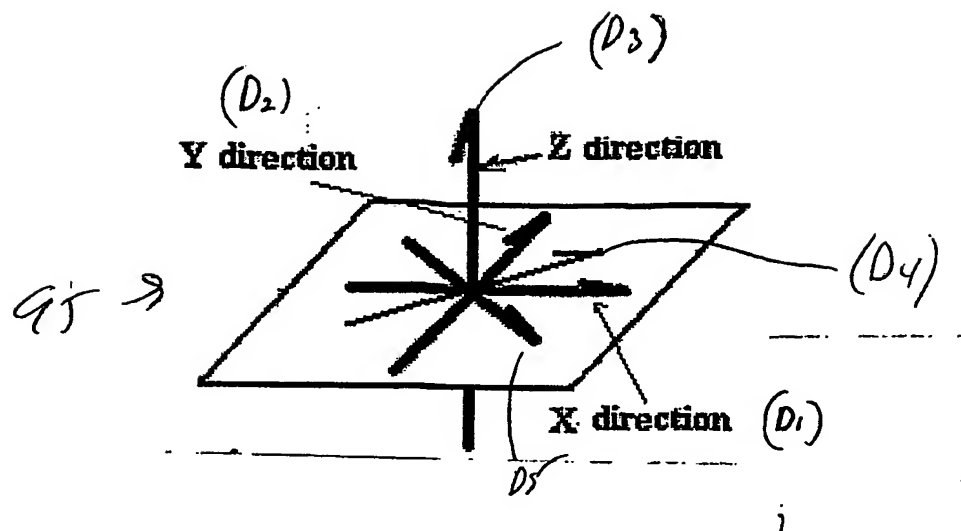


FIG. 9

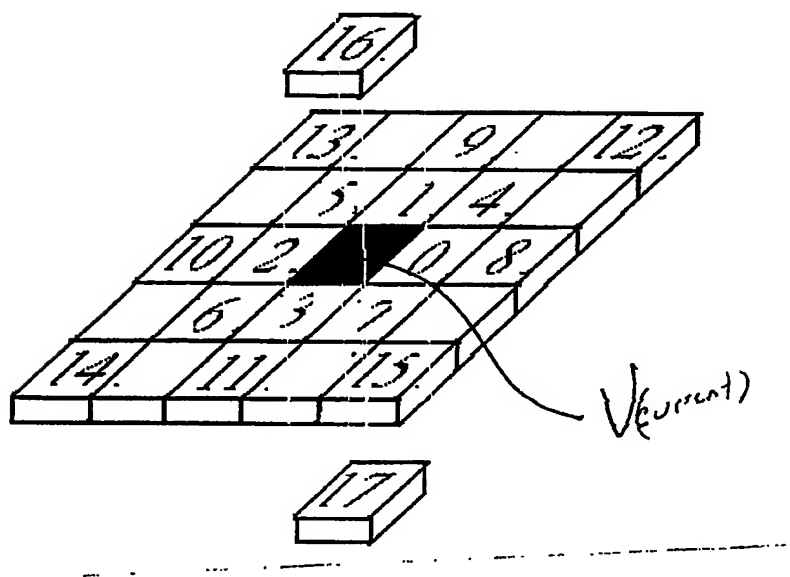
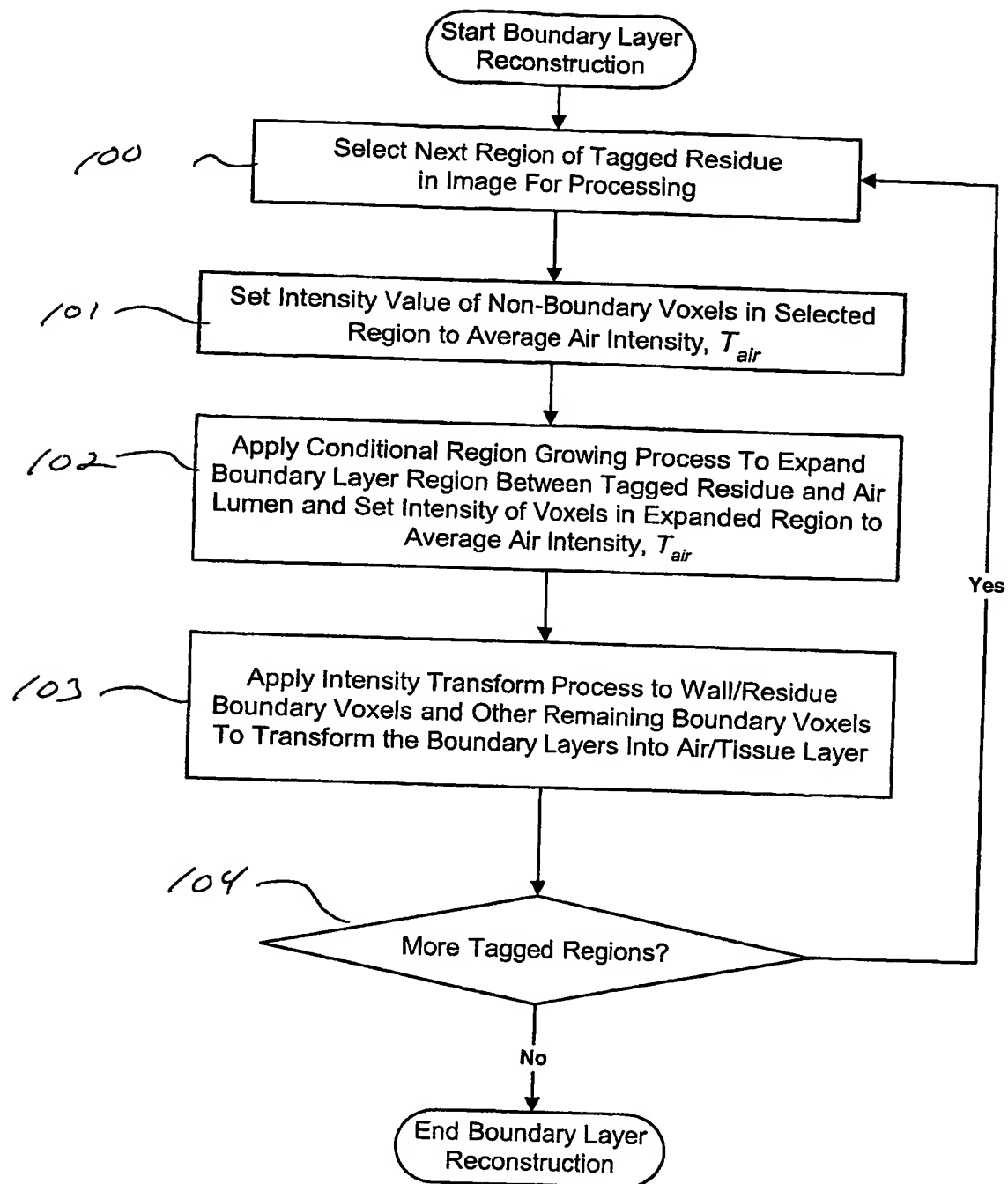


FIG. 10

**FIG. 11**